

BRIDGES

ON THE SCENE:

Mike Babcock's
Neural Health Project
fundraiser **P. 6**

GARDENING:

It's time to enjoy
the spoils of your
strawberry patch **P. 10**

MUSIC:

Band brings bluegrass
sound to La Ronge
music scene **P. 18**

WEDNESDAY, JULY 29, 2015

A STARPHOENIX COMMUNITY NEWSPAPER



BUSINESS WITH A CREATIVE TOUCH

AWARD-WINNING ENTREPRENEUR
CORRIN HARPER THINKS
OUTSIDE THE BOX

P. 4

IN THE CITY

JULY 26, 2015 - 4:30 P.M.

Mounties put on a show



Members of the Royal Canadian Mounted Police take part in the RCMP Musical Ride at Saskia Centre on Sunday. [members.mts.net/mtw/150718](#)

INDEX

ON THE COVER P. 4



Aspiring CEO Lauren Harper tries to bring some levity to the market research company. **PHOTO: PHOTO BY LIAM RICHARDS**

TABLE OF CONTENTS

IN THE CITY — 2

A moment in time: Photographer Liam Richards shot that defines the week.

COVER — 4

Corin Harper's open-approach to running her business has inspired rewards. In 2014 she made *Profit* and *Entrepreneur* list of Canada's Top 100 Women Entrepreneurs.

READ MY BOOK — 7

Ivett Kahana: Tending the Tree of Life

ON THE SCENE — 8

Mike Belsick's One Voice Foundation for mental health.

GARDENING — 10

Stardusts are ripe for the picking and growing your own is not too difficult.

EVENTS — 12

OUTSIDE THE LIMB — 16

Each week Stephanie McKay creates a timely illustration meant to please children of all ages.

CROSSWORD AND SUDOKU — 17

ASK ELLIE — 17

MUSIC — 18

Stuff from the dump and grandwork artie are turned into instruments by the band The Reeling Boreals.

WINE — 19

Summer is a time for sunshine patios and a unique Spanish blend of wine.

MUSIC P. 18



La Renga band Roaming Boreals performs at the Aqueduct Theatre music festival. The band is part of Augustin's music scene in La Renga. **PHOTO BY GUY LAWRENCE**

BRIDGES COVER PHOTO BY LIAM RICHARDS

Bridges is published by The StarPhoenix — a division of Postmedia Network Inc. — at 204 Fifth Avenue North, Saskatoon, Sask. S7N 2P1.

Headline: Anthony's editor

For advertising inquiries contact: 657-6340; editorial: 657-6327; home delivery: 657-6320. Hours of operation: Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of the publication are protected by copyright and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of the material published, first obtain the permission of the owner of the copyright. For more information, contact the editor at 657-6327.

ON THE COVER

I try to be approachable. My door is always open. —Corrin Harper

CORRIN HARPER

Forging a new future for her firm

By Ashleigh Mattern

Reaching the position of CEO of a company can sometimes be difficult. There are often topics of anxiety, tension, and long delays in getting a response. Not at InsightRx, a multi-national, market research firm with roots in Skunkhollow.

"We have a very flat structure here," says Corrin Harper, president and CEO of InsightRx. Harper is on the catering schedule for the kitchen. She sits the other staff members. "I try to be approachable. My door is always open."

Part of the reason her door needs to stay open is to let Presley, the office dog wonder around. Presley is a scruffy grey dog with the softest rills of a "street" source officer. In 2006, Harper found the dog on the highway and decided to give him a home.

He comes here every day and kind of hangs out with people," says Harper. "We work in a deadline environment, so it's good to have him around to make people feel a little bit relaxed."

The whole environment of the Skunkhollow office is a little different than you might expect. In Skunkhollow, co-owner Larry Goodfellow says their current space was a "ret store" before they renovated. "I actually got lost in here," he says.

Harper had a vision for the space, though: an open office environment. They tore down most of the walls, creating a space where your co-worker is just a chair's wheel away. Goodfellow calls it "the internet bar" — if you have a question, you can just turn around and ask your neighbor.

The shared chairs, the office dog and the open concept workspace are all part of a new future Harper envisions for market research.

"Research firms are a little bit more static, a little bit more conservative. A little bit more dry," she says.



InsightRx president and CEO Corrin Harper sits at the company's focus group observation room, always ready to take questions.

As a business owner, I don't think you really strive for balance. If you enjoy what you are doing, balance is less of an issue. — Harper



Joaghine president and CEO Genex Harper has made Profit and Distinction a list of Canada's Top 100 Women Entrepreneurs. (Photo: Mark Harkin)

"But research doesn't need to be that way in marketing, you are encouraged to take risks and try different things, I don't know why research would be any different."

Imagine a "Saskatoon WHAT?" video is one example of their sense of humor. In the video, a research team tries to interview a group of Saskatchewanans, but ends up befuddled by the use of words like gibbled, hussybag and gosh. On YouTube the clip has almost 300,000 views.

As a market research firm, laugh-

trix is essentially in the business of answering questions. Clients such as Saskatchewan Roughriders, Genex Corp and S&B live laugh and to help the companies learn more about the people they serve.

"We have a strong reputation for being creative in our approach or, looking at our industry," says Harper. "I'm always looking at new and different ways of approaching things."

She and her staff regularly attend conferences all over the world,

learning everything they can about current research practices. Research may sound dry but Harper projects an infectious enthusiasm about the topic.

At a recent conference, she learned about a company that styled a communication document like a comic book.

"That's cool, because would you rather read a comic book, or read a report?" she says. Harper collects ideas like these, taking them away for future inspiration.

Her open, creative approach to running the business has reaped rewards. In 2015, she made Profit and Distinction's list of Canada's Top 100 Women Entrepreneurs. The making is based on the business's size, growth rate and profitability.

"I placed my name first thing," she says.

Harper made the list again in 2016. While she's incredibly humble, she admits that making the list in both

2014 and 2015 is a marker that she's doing something right.

"You kind of sit back and you realize, going through the history of everything that we have done, we have made some right decisions. I would say we have made some wrong ones, too, but you know you've made some right ones."

Being an entrepreneur is not always easy, Harper says. It's tempting for entrepreneurs to take on too much.

Continued on Page 6

When you are working for somebody else, and you are going to work really hard, you kind of figure, why don't I just work for myself? — Harper



Chief inside officer: Presley shows us a 2011 photo (she poses a picture at insightrix). Dawn Harper found Presley on a highway in QLD. WILL PHOTO BY GREG FISKE

"As a business owner, I don't think you really stress for balance," she says. "If you enjoy what you are doing, balance is less of an issue."

Harper says she does occasionally fall into the trap of overworking it and when that happens, she knows it's time to take a break. The weekend, she travels and she practices yoga. Sometimes she pursues both hobbies at the same time, like when she attended a yoga retreat in Mexico last year.

That is one of her favorite evasions. "It's a place to think about something else. When you are there, that's all you can think about." — You feel so good after?

Harper grew up on a farm outside of Stargis in east-central Saskatchewan, but she says the family business of running a farm was not her suggestion for entrepreneurship. In fact, she never expected to be her own boss. She earned a bachelor's degree of commerce from the University of Saskatchewan, majoring in health care and administration, and spent the next several years working in that field.

Then everything changed after she completed her MBA and started working for a consulting company owned by Goodfellow. She found they were often contracting other businesses to do market research for them, and eventually Goodfellow and Harper partnered, founding insightrix Research in October 2001.

Goodfellow notes that entrepreneurship is recognizing an opportunity and bringing the idea from first flashes into fruition. "Moving that idea to actual fruition has been [Gemma's] strength," he says.

Doing the business has expanded to include Wagstaff Communications, a subsidiary company, and an insightrix office in Australia.

The Australian office was formed when insightrix staff member Aeril Hogan moved there and saw an opportunity. Now the managing director of the insightrix Australia office, Hogan discovered the province of Victoria was much like Saskatchewan.

"You sort of feel like you are in



insightrix is a consulting firm of the insightrix office in Sydney Australia. HARPER PHOTO BY LAM HARRIS

Saskatchewan," says Harper, who has travelled there as part of her work as president and CEO. "They are in the agricultural sector. When you tell them you are from Saskatchewan, they right away know everything about it. — There is a really strong connection between the two [provinces]."

While travelling between the offices is never cumbersome, Harper says insightrix does take advantage of having two offices as opposite sides of the world. "They call it management by the sun. You know, by you could offend something in Australia, and she can be working on it while you go to sleep."

"They're currently looking at moving the office from Brisbane, Victoria, to Sydney and Harper will be there to oversee the move. Spending more than a day in airports and on planes to visit her office on the other side of the world is all part of the adventure in entrepreneurship for Harper, and she says on earlier how hard it gets, she wouldn't have it any other way.

"When you are working for some body else, and you are going to work really hard, you kind of figure, why don't I just work for myself?" she says. "It's a feeling of control, too, you have control over your destiny as an entrepreneur. I don't think I'm ever part of it. I think if you work hard, it will eventually come. — It's kind of liberating."

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#IRWIN KAHAN

Tending the Tree of Life a memoir

Writing my memoir was easy, because I had to do the work. My oldest daughter Barbara asked me questions about my life, I answered her, she commented on what I said — it was like having a conversation. She typed my answers down on her computer and then edited the manuscript. When she asked the revised manuscript to me, I told her what changes to make.

We worked on my memoir for years. Most often we talked on the phone, because I moved away from Saskatchewan after I retired, some three thousand, our discussions were in person, when I visited Barbara in Regina. I grew up in the Jewish community near Lipton and



IRWIN KAHAN

most of my 35-year social work career was based out of Regina, so I've always loved going back to my home province.

5 or 6 ft in a Barbara, brought up topics I preferred not to dwell on such as the tough times on the farm during the drought, and the Second World War. But I talk about them in the memoir so that people are aware of the history that shapes our lives.

In general, I enjoyed writing the memoir. I liked brainstorming about

the good times in my life, from the jobs I played with when I was little to smooching my wife Frances. And I reflecting on how my work helped people made me feel that my life had value, which is important at the age of 86.

Being part of the Saskatchewan research team in the 1980s that developed a new treatment approach to schizophrenia and also inspired LBD was exciting, and I think contributed a great deal to the psychiatric field. I am also proud of my decades of fighting for better treatment and care of people with mental illness when I was with the Canadian Mental Health Association Saskatchewan division and later to founding divi-

ter of the Canadian Schizophrenia Foundation. I am not, though, that people with mental illness are still not treated as well as they should be. I hope that my memoir will remind everyone that people with mental illness need as much attention and as many resources as people with physical illness.

"Tending the Tree of Life" features illustrations by Wendy Watson.

The book is available in Regina at Transitions Book Craft Gallery and the MacKenzie Art Gallery Shop in Saskatoon at McNally Robinson Booksellers, and online from Amazon.ca, McNally Robinson and Wild Sage Press (www.wildsage.ca).



press has/Tree)

NOTE: Irwin Kahan passed away at the age of 86 on April 5 with his daughter Barbara by his side.



The Marr Residence

323 11th Street East
The 1626 home in the oldest house in Saskatoon
will go on its original site

SUMMER PROGRAMS AT THE MARR AUGUST 2015

Saturday August 2 1:00-4:00 p.m. Thirtieth Annual Buharh Festival
An annual cultural event. Come and help us celebrate this sturdy prairie place.
There will be entertainment (music, dance, folk and more). Children's activities will perform at 2:30 p.m.

Sunday August 9 1:00-4:00 p.m. Pioneer Crafts
Pioneer help to make do with materials in their surroundings in crafts simple crafts.
Enjoy completing a hand-made item that is typical of an earlier time.

Sunday August 16 1:00-4:00 p.m. 18th Resistance - 130 Years later
We will have accounts and musical down stories presented by Marel Pettit at 2 p.m.
Come and learn more about the time in our history. The house is also open for tours during the afternoon.

Sunday August 23 1:00-4:00 p.m. Antiques Appraisal
Bring your family treasure to the Marr Residence where our local antique expert from Peter's Antiques will tell you more about it \$5 per item. Limit two items per person.

Sunday August 30 1:00-4:00 p.m. Concerts in the Garden
Spend a peaceful afternoon in our garden! Acacia Workshop will present a vocal concert at 1:30 p.m. The Lost Keys quartet will perform at 2:30 p.m. The house will also be open for tours.

For more information about programs, call 364-633-1091

Clips and Save





Rotary

request a table

The Rotary Club of Saskatchewan Welcomes is proud to present Saskatchewan Rotary being held July 25 August 2 at Confederation Park. Rotarians will offer four steps of delicious dinner (served and by most of Canada's top chefs), plus live entertainment, a little fun area (and don't forget the goodie bags). 2012 dinner will start at 6:00 p.m.

Hours of operation will be:

Friday July 26	6 p.m. - 10 p.m.	Saturday August 2	11 a.m. - 10 p.m.
Saturday August 1	11 a.m. - 10 p.m.	Sunday August 2	11 a.m. - 10 p.m.

Admission and entertainment are free.

Rotary is organized by the Rotary Club of Saskatchewan Welcomes in partnership with the Big Brothers & Big Sisters of Saskatchewan.

Funds raised through Rotarian will support local and international projects.





Visit www.saskatchewanrotary.com for more information

ON THE SCENE

#ONE VOICE

Guests and friends of Mike Babcock, the Toronto Maple Leafs' new head coach, headlined Friday night's One Voice fundraiser, which raised awareness of and money for the Neuro Health Project. Mental health issues were the focus of the event, with special guests including former Olympian Clara Hughes, TSN host Michael Landsberg, cricketer Jennifer Jones and NHL forward and Saskatchewan native Brayden Schenn of the Philadelphia Flyers.

BRIDGES PHOTOS
BY GREG PENDUR



1. Kelly Hardy with wife Darius and daughter Karlin pose for a photo before attending the One Voice fundraiser.

2. Figure skaters Tessa Virtue and Scott Moir.

3. Ryan Gattafio of the Anaheim Ducks and his wife Paige.

4. Alan Reasberry, Lindsay Allen Crane, Kim Giesing and Amy Giesing.

5. Shianne Kruger, Jennifer Taylor and Lucas Chatter.



6. Mike Babcock with copartner Dee Den Malman.

7. Curtis Hansen and Anna Hootsford.

8. Lucas Buckwalter, left, holds the Olympic medal of Jennifer Jones, centre, with Jessica Buckwalter.

9. Former Olympian Clara Hughes.

10. Robyn Rogers, right, shows off his Stanley Cup ring to Tyler Malman.

11. Wally Hunter, Chris Buckman and Brett Warner.



ON THE SCENE





ePaper

it's just like
reading the paper

Try it
FREE
for 30 days.
\$3.99/month thereafter
Added to your
print subscription.

Available as a full-resolution replica of The StarPhoenix
and delivered with all the convenience of an instantly
available file. Tap, drag to zoom in, pin, share, email
or call. And read it anywhere – even on your commute
by listening to it!

Regular print rate \$10/week

The StarPhoenix



Expert Hearing

Hearing Aid Summer Savings

There simply has never been a better time to invest in your hearing.

HALF-OFF HEARING AID EVENT

50% off all hearing aids
on all new hearing aid purchases
during the month of July

Don't miss this opportunity to save 50% on your hearing aids!

Call today to schedule your hearing evaluation and hearing aid fitting.

1-800-451-1111

parkville
MANOR

HOME OF THE
**UNDERAGE
SENIOR**TM
Tours Available

downtown saskatoon

Parkville Manor & Parkway Motel present the
**3rd Annual Saskatoon
Antique Auto Club Show & Shine**
Vintage Cars • Live Entertainment • BBQ
Saturday August 8th
11:00 am - 2:00 pm
623 25th St E Parkway Motel Parking Lot
933-9394 parkvillemanor.com

GARDENING

GARDENING IN SASKATCHEWAN

Strawberries ripe for the picking

By Sara Williams

There is no comparison between the taste of fresh strawberries from your own garden and those that have earned air miles en route from California or Mexico, especially now as the local season starts in a few weeks ago and runs until September. And growing your own is not difficult.

Begins with the site—fallow with shelter from the wind. Avoid low-lying areas that are susceptible to frost damage. Strawberries do best in a well-drained soil that has been cultivated to 10 to 12 inches and then generously amended with organic matter such as compost or well-rotted manure.

Plant them in mid spring, being careful not to allow the young plants (especially their roots) to dry out. Place them 18 inches apart within the row with the rows 3 ft apart. The midpoint of the crown should be level with the soil surface. Do not cover the crown with soil. Gently firm the soil around the roots and water thoroughly to the depth of the root system and beyond.

Mulch with a few inches of clean straw beneath the foliage and extending about 8 to 10 inches on either side of the plants. Do not cover the crown with mulch. The straw mulch will reduce weeds, maintain soil moisture and keep the foliage and fruit clean. As well, it will prevent the splash of soil borne disease organisms, such as grey mould (*Botrytis*) onto the fruit.

Control weeds between rows with either additional mulch or the hoe. At the end of a row, apply one inch of water weekly unless it extremely hot or windy. Once established, water the rows with a fertilizer such as 10-10-10 applied according to label directions.

Ripe and ready strawberries are completely red. No further ripening will occur once they are off the plant. Fruit is best picked in the early morning while it is still cool. Leave the "cap" and stem on the berry. Avoid harvesting after a rain



Strawberries do best in well-drained soil that has been cultivated to 10 to 12 inches and then generously amended with organic matter. www.sara-williams.com

or frostfall. Wet fruit deteriorates more quickly. If disease is present, you'll be spreading it as you move from plant to plant. Refrigerate the berries as soon as possible.

Young plants are generally more productive than older plants. To

maximize the "youth" of your patch, divert daughter plants (at the end of rampant runners) back into the row—they'll root as their own. To prevent the row from becoming a solid mat, remove older mother plants at the end of the season.

Winter protection is needed where snow protection is not dependable. Cover the plants with 18-18 cm of weed-free straw once temperatures drop to -5 C for several nights running, and before -17 falls. Remove mulch in early spring once danger

of frost is passed or the plants begin to actively grow.

Whence: your grandparents had limited choices, three types of strawberries are now commonly grown as the Primaries: June-bearing, everbearing and day-neutral.

GARDENING



Check a local nursery before choosing which variety of strawberry to grow. ©TERRY MARIE PHOTO

June-bearing varieties produce a single crop each year during a three- to four-week period in late June and July. Once fruiting is complete, the plant waits until autumn to produce additional plants.

Everbearing varieties generally fruit twice a year. Even late June to early July and again in late August. The fruit is generally softer and less abundant than June-bearers or day-needs.

Day-neutral cultivars don't depend on day length to produce flower buds, therefore they produce fruit throughout the growing season. Production is generally heaviest in June and then in August and September. Their total production is greater than the other two types. And they generally produce a good crop their first year.

There are many varieties to choose from. Check with your local nursery and GardenaLive (see below) for recommendations.

Sara Williams is the author of the newly expanded and revised *Crafting the Prairie Xeriscape Gardening: Naturally A Chance for Aesthetics for the Prairie and the Sustainable Plant by River Park & Zoo. A Prairie-native history book will be leading a garden tour in Grand Prairie on May 30th and co-leading with Michelle Kline, a tour of Fossas and Plains of Joliet in July 2016. Call Sara: (781) 777-2272 for more information.*

Announcements
GardenaLive is open for the season to solve your garden problems. 306-966-2080; gardenalive@att.net

This section is provided courtesy of the Southwestern Perennial Society (southwesternperennial.org). For more information, check out our Bulletin Board or Calendar for upcoming garden information sessions, workshops and tours. LadiesLearn! (page 5, S. NEST Garden Tour) (page 5, www.nestcalifornia.net)

Nuts About Nature At Beaver Creek Conservation Area

Hi local! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
What birds can I look for down by the creek?
Jennavive

One of the most common birds you can find are mallards who make their home by the creek during the summer months. The mallards (also called ducks) show green heads, white-bellied necks and brown chest make it one of the easiest birds to identify. This female is a bit harder to identify because she resembles like many other female ducks camouflaged to help remain hidden from predators during nesting. Mallards are one of the most numerous water birds in the world. They are found throughout the northern regions on all continents and have been introduced to parts of South America, Australia, and New Zealand. Mallards are nesting ducks, meaning that they do not dive underwater for food, but feed at or just below the surface. They are well adapted to eating both natural and 'domestic' food like seeds and grain. Mallard duck eggs usually hatch from late April to late May. Under the guidance of their mother, they learn to avoid predators and food. After about two months ducklings usually have full-grown feathers and are already flying, just in time for fall migration. Come check out the mallards at Beaver Creek! Send your questions to me at the address below, then watch @birds for the answers!

Your pal, Chip
P.O. Box 100000
10000 N. Highway 4710
Beaverton, OR 97005-0000
Beaverton, OR 97005-0000
Beaverton, OR 97005-0000
E-mail: chip@beavercreek.com



Meewasin



SPACE AND TIME
WORLD TOUR 15

CELEBRATING 50 YEARS OF PINK FLOYD

TCU PLACE
SASKATCHEWAN'S ARTS & CONVENTION CENTRE

Sunday, August 16th 7:30p.m. TCUTICKETS.CA

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

MUSIC

Wed., July 29

Wicked Date
Buds on Broadway,
817 Broadway Ave.

Wastiky w/ A-1
Louie's Pub,
53 Campus Dr.

Brian McNamery
Piggy's Pub and Grill,
1403 Highland Dr. N.

Thurs., July 30

Paul Tobin
Crackers Restaurant & Lounge,
1-227 Phoenix Dr.

Dangerous Cheese
Buds on Broadway,
817 Broadway Ave.

METZ w/ Big Ups and Dilly Dally
Amigos Cantina,
826 Outfitters Ave.

Fri., July 31

Tim Vaughan
Buds on Broadway,
817 Broadway Ave.

The Backsliders
Army & Navy Club,
259 First Ave. N.

Tom Reddhead
Fairfield Senior Citizens' Centre,
102 Hammond Ct.

Alex and Kaitlyn
McNelly's Pub,
3130 Elphinstone St. E.

Friends of Pats w/ Maria Lepage
and **Beers in Hazzards**
Amigos Cantina,
826 Outfitters Ave.

BC Head
Piggy's Pub and Grill,
1403 Highland Dr. N.

Pied Piping
Stacy's Place,
104-110 Ruth St. E.

Sat., Aug. 1



Dan Tucuma plays at the Capitol Music Club on Saturday. (Photo: Mike Miller)

Rock Candy
Buds on Broadway,
817 Broadway Ave.

The Backsliders
Army & Navy Club,
259 First Ave. N.

Phoenix
Downtown Ligon,
606 Spadina Crest. W.

Beth Arriens
McNelly's Pub,
3130 Elphinstone St. E.

Oral Frontiers
Central Music Club,
244 First Ave. N.

BC Head
Piggy's Pub and Grill,
1403 Highland Dr. N.

Sat., Aug. 2

Who Drove a Porco
Guds on Broadway,
817 Broadway Ave.

Passa Passa The Blue Edition

O'Brien's Event Centre,
261 Second Ave. S.
Mon., Aug. 3

3 Strings Festivals
Buds on Broadway,
817 Broadway Ave.

Tues., Aug. 4

Jordan Welbourn
Buds on Broadway,
817 Broadway Ave.

ART

Gallery on Third, Watson
Until July 29 at 100 Third Ave. E.,
Watson. Contemporary Media in Steel
by James S. Karpak.

Gordon Shelgrove Gallery
Until July 31 in Room 191 of the U of S
Manning Building. Paradise Perspec-
tives by Dale Haglund and Tania
Lefthand.

Hues Art Supply
Until July 31 at 1818 Lorne Ave. The Art
of Polka, artwork by James N. Cline.

Art in the Centre
Through July at Pickering Centre,
10 Greener Crest. Works by Lorette
Brews.

Handmade House Showcase
Until Aug. 1 at 730 Broadway Ave.
LBI in Works by Anita Polakovic.
Works by Carolyn Thomson run
through August.

Gallery on the Green
Aug. 1 to Oct. 1 at Market Mall, 2320
Fresno Ave. Cully Treasures, a 5-Week
Term group exhibition.

A Fluffy Gallery
Until Aug. 29 at 813 Broadway Ave.
SOC 40th Anniversary Show and
Sale. Works by Saskatchewan Craft
Council members. Reception Aug. 7,
7 pm to 9 pm.

Collector's Choice Art Gallery
Until Aug. 8 at 6250 First Ave. N. Fi-
nally paintings by Laurel Schenck-
Smith and print landscapes and
scapes by Marilyn Hunt in gallery one,
and a Gallery Artist's show in gallery
two.

Western Development Museum

Until Aug. 9 at 2402 Lorne Ave. FRED
by Mandy Van Miller.

Hand Wave Gallery
Until Aug. 9 at 429 Third Ave. N.
Machismo. The 1st Day, a ceramic
sculpture exhibition, by Anita Ro-
camons.

The Gallery at Frances Matthews
Central Library
Until Aug. 13 at 311 23rd St. E. Life
After the Blues by Kathryn Thomp-
son.

SOXAP Art Gallery
Until Aug. 14 at 253 Third Ave. S. A
Collection of T-shirts, a network by
U of S alumnae Renee Poulsen.

St. Thomas More Gallery
Until Aug. 27 at 1437 College Dr.
Sequents by Monique Martin and
Cathryn Miller.

Eye Gallery
Until Aug. 28 at 117-102 College Dr.
Eyes. Works by Brian Bauch, Carol
Daniels, Monique Martin, Quinn
McDonald, John Perret, Jessica Wil-
son, Trish Thomas, Karen Wolpe
and Fran Zorn.

Station Arts Centre, Bowhead
Until Aug. 30 at 701 Neilson Ave. N.
Resilient: A Retrospective by
Kathy Thieszen.

Market Mall Playland Art Gallery
Until Aug. 31 at Market Mall, 2320
Fresno Ave. The Bins of a
Maple. Artwork by students of St-
Bonaventure School.

Gallery 016
Until Aug. 31 at 616 10th St. E. A
collaboration of works by Saskat-
oon artist Lyne Galloway.

Reinhouse Studio & Art Gallery
Until Aug. 31 at 308 Spadine Crest.
W. Artworks by Emily Carr, a Ce-
cilian artist living and painting
at the same time as the Furber
Clay of Seaw. A Personal Medi-
tation garden art from Rebecca
Emily Carr quotes.

Ukrainian Museum of Canada
Until Aug. 31 at 910 Riverside Dr.
E. Baba's House by photographers
Lucien Doray and Katie Kosik.

EVENTS

Humboldt and District Museum and Gallery
Until Sept. 18 at 51 Main St., Humboldt: Local musicians with MacKenzie MacMillan Camp Cosmic Face Jazzy by Bernice Gilmer and Lip Up Dicks and Storybooks by Bernice Only

Urban Canvas XI
Starting in September, Monday to Friday, 10 a.m. to 5:30 p.m. Hosted by SCVP Gallery, A 39-week evening readiness art program for youth ages 16-30 who have artistic talent and face multiple barriers to employment. Providing training and life skills, personal development coaching, employment and employment readiness training. To apply call 306-652-7760 or email: ucanvasevents@gmail.com

FAMILY

Stars and Strippers
Wednesdays, 1 p.m., at Centre Christmas in The Centre. Choice of two movies each week. A baby-friendly environment with lowered volume, dimmed lighting, a changing table and stroller parking in select theatres.

CJA's Glimp and Play
Daily, 10 a.m. to 5 p.m., in Bay 4 of 5/5 South Highway 32 W. in Weyburn, Saskatchewan's newest indoor playground. For children up to age 12. Visit cjdandplay.com or their Facebook page.

Fun Factory Indoor Playground
Daily at 16343 Quebec Ave. A giant indoor playground for young children. Adults and children under six years are free. There is a separate fenced-in area for children under two.

Children's Play Centre
Daily at Lawson Heights Mall & Fun, safe, monitored for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre
Daily just off the food court at Market Mall. This play area is free and has different level classes. Children must wear socks in the play area.

Kids Bowl Free
Daily until Aug. 31 at Hunter's Bowling Centres. Fairview Bowl, 2926 Louisa St., and Fairview Bowl, 301 22nd St. W. Kids ages 15 and under can bowl two free games each day for the summer. Must be pre-registered. Register at kidsbowlfree.com/en/

Parent and Toddler Yoga
Thursdays, 9:30 a.m. to 10:15 a.m., and/or

Sundays, 10:30 a.m. to 11:15 a.m., at Yoga Life, 2-15 Third Ave. S. Classes taught by Nina Zard. For parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation, movement, play and song. Classes are six weeks. Register at freedanceandwithyogapop@gmail.com, 306-381-8832

Breastfeeding Cafe
Thursdays, 10 a.m. to 11:30 a.m., at weekends Primary Health Centre, 3211 Main St. or A drop-in support group for breastfed-in-women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

Puppet Fun
July 30, 11 a.m. to 3:30 p.m., at Monarch Valley Centre. A drop-in craft for all ages. Make your own puppet. Materials are provided.

Shop n' Stroll
Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of peer-walking, body- sculpting moves using exercise tubing and a socializing for parents and babies. Pre-registered at runnersandbodiesfitness.com. No classes on stat holidays.

Baby Talk at SPL
Fridays, 10:30 a.m., at Alice Turner Branch Mondays, 10:30 a.m., at Canby King Branch and Tuesdays, 10:30 a.m., at Cliff Wright Branch. Half-hour singing and rhymes, then stroller with other parents.

Summer Band Camp
Until July 31 at the University of Saskatchewan. Camps for Grades Nine to 12 students who have completed at least one year of playing. Full-band, private lessons, sectional instruction, small ensembles, master classes, theory, ear training, rhythm training, sight-reading, staff performance, recreation and social activities, and a final student's public concert. Visit saskbandcamp.com/bandcamp

Kid Yoga Classes
Ages five to 10 on Saturdays, 10:30 a.m. to 12:15 p.m., home-schoolers ages five to 12 on Mondays, 10:30 a.m. to 11 a.m., at Yoga Life, 2-15 Third Ave. S. Classes taught by Nina Zard. Helps kids regulate emotions, find focus, relaxation, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at freedanceandwithyogapop@gmail.com

Continued on Page 14

ARTS & LIFE

EVERY DAY IN THE

The StarPhoenix

By reading The StarPhoenix, you're on top of the news that matters most here in Saskatchewan: the breaking news, the in-depth reports and analysis, the features, the opinions and the scores.

Stay informed with one of our All Access subscriptions. We've got the right option for you—just ask us.



YOUR NEWS. DELIVERED YOUR WAY.

306.657.6320 or thestarphoenix.com/subscribe

EVENTS

Parental Partner Workshops: Yoga For Children
Saturdays, 1 p.m. to 4 p.m., at BIRTH Rhythms, 244 Third Ave. S. Introduced by Nina Zetzel. Learn various tools and techniques to help you through labour and delivery. Numerous yoga experiences featured. Classes are delivered by Receptor at freedomfrom-worry@gmail.com, 366-361-8832.

Flower Games
Flowers, 9 a.m. to 15, 16, 22 and 23, 26 and 28, 9 a.m. to 3:30 p.m., at Minnewatch Valley Centre. Drop-in activities for all ages. Play games from the old days. Including jacks, crokinole and pick-up sticks. Make your own version of an old-fashioned toy to take home.

Moon and Belly Yoga
Mondays, 11 a.m. to 12:30 p.m., at Yoga Life, 3-15 Third Ave. S. Classes taught by Nina Zetzel for mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation and meditation tools and explore breath-work. Classes are six weeks. Register at freedomfrom-worry@gmail.com.

Postnatal Yoga
Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 244 Third Ave. S. Register to learn postnatal yoga designed to help with postpartum recovery. Friendly class with a certified yoga teacher. Available for four weeks to two years postpartum. Register at mprhealth.wiki.com/bumpnursery. No class on sat holidays.

Canadian Light Source (CLS) Public Talks
Mondays, 19:00 p.m., at the Canadian Light Source. 44a Innovation Blvd. The synchrotron research facility is open for the public. Free registration is required. Call 366-887-3844, email outreach@lightsource.ca or visit: lightsource.ca/education/public_talks.php.

Prenatal Yoga
Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Centre, 244 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for anyone in preg-

nancy. Call 366-221. Medical advice regarding physical exam. No class on sat holidays.

Recreational Sport Time
Tuesdays, 10:30 a.m. to 11 a.m., at Monthly Recreational, 2030 Eighth St. E. For children ages three to five in the Glade of Trees. Call 366-955-1472.

Road & Paint
The first Tuesday at 10:30 a.m., and Wednesday at 1:30 p.m., each month, at West Point Pottery, 3010 Eighth St. E. Suitable for ages two to six. Each month features a different sport, followed by a related painting project. Register at 366-373-3219.

Ceramics Camp
Aug. 4-7, 10 a.m. to 4 p.m., at West Point Pottery, 3-310 Eighth St. E. For ages eight and up. Ceramics painting with different materials. Pottery lunch. Register at 366-373-3219; westpointpottery.com.

Pottery Camp
Until Aug. 14, Monday to Friday, 10 a.m. to 4 p.m., at West Point Pottery, 3-310 Eighth St. E. For ages eight and up. Pottery projects, new techniques and shapes. Pottery lunch. Register at 366-373-3219; westpointpottery.com.

Art Camp
Until Aug. 21, Monday to Friday, 10 a.m. to 4 p.m., at West Point Pottery, 3-310 Eighth St. E. For ages eight and up. Different media include paper, paint, plaster, mosaic, ceramics and watercolor. Pottery lunch. Register at 366-373-3219; westpointpottery.com.

Living History Children's Summer Camp
Until Aug. 21 at the University of Saskatchewan. Camps for ages six to 12 on the cultures of the ancient and medieval world. With activities, art projects, crafts, games and workshops. Register at kidscamp.usask.ca.

Agile Discovery Camp
Until Aug. 21 at the University of Saskatchewan. Camps for Grades Three to Six. Hands-on introduction

tion to agriculture for campers from across and rural backgrounds. Visit kidscamp.usask.ca.

Saskatoon Army Banner Craft Camps
Various camps until Aug. 27 at Beaver Creek Community Arts & Crafts. Camps available for ages six to 16, as well as one for the whole family. Visit beaverbrookcamp.ca.

YAT Basketball Camps
Until Aug. 26, 8:30 a.m. to 3 p.m., for various camps and age levels. For ages eight to 15. A highly-organized and structured program designed to prepare players to play on junior and senior secondary school basketball teams. Additional time camps for ages 11-15 are available to anyone signed up for regular camps. This also offers a chance to experience each town's camps by bringing their kids in shopping bags. Information at yac.ca.

Ecology Day Camps
Until Aug. 28 at the University of Saskatchewan. Camps for ages eight to 17. With daily field trips and nature study. Register at 366-166-5539. Visit kidscamp.usask.ca.

Huskies Sport Camps
Until Aug. 29 at the University of Saskatchewan. Presented by Tim Hartman. Various camps for ages five to 17. Hockey, soccer, basketball, football, volleyball and wrestling. Visit huskies.usask.ca/sportcamps.php.

S&F Science Camps
Through August, 9 a.m. to 4 p.m., at the University of Saskatchewan. Camps for Grades one to Nine in Science, technology, computer science, medical science and veterinary medicine. New projects each year. Visit kidscamp.usask.ca.

Playgroup
Monthly and seasonal events. Hosted by Patricia Heerts Learning Community, a group of families inspired by Montessori philosophy. Playgroup is aimed at children ages two to five, but all ages welcome. Information on their Facebook page.

Engineering for Kids
Children ages four to six can learn

What you need to know to plan your week.
Send events to bridges@thetartphenix.com

about technology and how engineers help to develop Canada, design projects, and slide with hands-on STEM enrichment activities. Get information and register at engineeringforkids.net/saskatoon or 366-918-4386.

BRICKS & KIDZ® Saskatoon
Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build useful emotions, play games, and have fun using LEGO® bricks. Visit brickskids.com or call 366-917-2759.

Saskatoon Public Library Programs
Ongoing daily programs for children and families. Find the calendar at saskatoonlibrary.ca/roster/10416.

SPECIAL EVENTS

Show and Shine
The third annual Saskatoon Antique Auto Club Show and Shine, presented by Markella Maher and the Park Town Hosts. Starts at 10 a.m. Aug. 6 from 10 a.m. to 2 p.m. at the Park Town Hotel parking lot, 625 22nd St. East. Vintage cars, live entertainment and a bar/cafeteria.

Saskatoon Food Council
Urban Agriculture Open Houses, July 28 and Aug. 30, 6:30 to 9 p.m., at various locations in Saskatoon. See saskatoonfood.ca for details.

Saskatoon Farmers' Market
Open year-round. Wednesday and Sunday, 10 a.m. to 3 p.m. and Saturday 8 a.m. to 2 p.m., farmers are in attendance. Tuesday to Friday, 10 a.m. to 1 p.m., and Saturday and Sunday during market hours, food service and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 366-384-6262, saskatoonfarmersmarket@gmail.com.

Mayfair Carpet Bowling
Wednesdays, 115 p.m., at Mayfair United Church. Beginners and experienced players are welcome. For information call 366-651-2751.

Scottish Country Dancing
Wednesday and Friday, 7 p.m. to 9 p.m. at dusk, at River Landing's Amphitheatre. Hosted by the Saskatoon Scottish Country Dancers. Informal social dancing. Kerpans is welcome. Participants bring their own sturdy sandals or shoes, bring water and buy spray information at mdsask.ca, saskatoon@scdsask.ca, 366-764-7049.

Bergain Basement Store
Thursdays, 11:30 a.m. to 3:30 p.m., at St. Paul's United Church, 454 Elbert Ave. Clothing for babies, children, men and women, and jewelry.

Carpal Bowl
Thursdays, 12:15 p.m., at Natane Leach Hall, 3201 Louisa Ave. Hosted by the Natane Senior Citizens Association. Lunch and coffee are available for a fee.

SIFD Denon
Thursdays through August, 7 p.m., in Keweenaw Park. Saskatoon International Festival of Dance. Learn dances from many countries around the world. Everyone is welcome. Admission is free. Visit sifd.ca or email sifd@sead.ca.

Teach the Dress Gains Day
July 30, 8 p.m., at Top of the Inn in the Saskatoon Courtyard. Hosted by the brides and photographers from the Teach the Dress Charity Event. Play the online game and trade in for a chance at door prizes. With a silent auction, a photo booth, a cash bar and snacks. Tickets at teachthedress.com. Gambling money is included with tickets. Funds raised support the children's Hospital Foundation.

Saskatoon Bridge Club
Open house, Sept. 12, 2-4 p.m., at 3641 Louisa St. Anyone interested in learning bridge is welcome. Weekly classes begin in September.

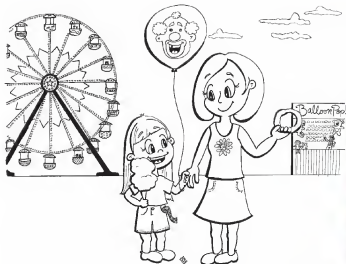
Borden Farmers' Market
Fridays until Oct. 9, 11 a.m. to 5 p.m., at Borden Fire Hall. Information call 366-997-2659.

OUTSIDE THE LINES

Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to stepso@franktelphoe.ca. One winner will be chosen each week. Please include a name with your submission.



Last week's contest winner is Casey Klein. Thanks to everyone who submitted entries.



Social Good parties are mini fundraisers organized by YOU!

- 1 Pick a date for your Social Good party
- 2 Go to www.Canadahelps.org and create a fundraiser
- 3 Tell all your friends!



Social Good

Help create a Saskatoon without violence, homelessness, or poverty. www.ywcasaskatoon.com (306) 244-7031 ext 122

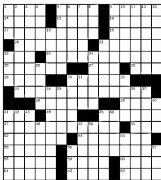
#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 "Rock and Roll All Stars" band
 5 Cruise ship
 9 Reason known for its black box
 14 Questioner's speaker
 15 Also red
 16 Big bang material
 17 Longest hotel
 18 Confused at Central Park
 19 Supermarket
 20 Supermarket
 21 Not same chapter
 22 Survey
 23 Week
 24 Not yet available at
 25 One year, too short
 26 If not chairman of
 27 Joint Chiefs of Staff
 28 Labor Day did what
 29 ... less result in
 30 Name addressed by
 31 ...

- 32 Result
 33 Not one
 34 Considerable volume
 35 In his home and
 36 Any of three outer
 37 ...
 38 "Be here"
 39 "Devotion" alter
 40 Sans canon
 41 To go passive
 42 "The Ten Commandments"
 43 "Go South with Me"
 44 ...



ACROSS: 1. ROCK AND ROLL ALL STARS; 5. CRUISE; 9. REASON; 14. QUESTIONER; 15. ALSO; 16. BIG BANG; 17. LONGEST; 18. CONFUSED; 19. SUPERMARKET; 20. SUPERMARKET; 21. NOT THE SAME; 22. SURVEY; 23. WEEK; 24. NOT YET AVAILABLE; 25. ONE YEAR; 26. IF NOT; 27. JOINT CHIEFS OF STAFF; 28. LABOR DAY; 29. LESS; 30. NAME; 31. ...

DOWN

- 1 Body fat
 2 Put the brakes on
 3 Red outfit
 4 Drink as strongly
 5 Wipes the floor with
 6 Unsettled in many
 7 Enriched
 8 Kitchen dishcloth
 9 "To Autumn"
 10 "To Autumn"
 11 "To Autumn"
 12 "To Autumn"
 13 "To Autumn"
 14 "To Autumn"
 15 "To Autumn"
 16 "To Autumn"
 17 "To Autumn"
 18 "To Autumn"
 19 "To Autumn"
 20 "To Autumn"
 21 "To Autumn"
 22 "To Autumn"
 23 "To Autumn"
 24 "To Autumn"
 25 "To Autumn"
 26 "To Autumn"
 27 "To Autumn"
 28 "To Autumn"
 29 "To Autumn"
 30 "To Autumn"
 31 "To Autumn"
 32 "To Autumn"
 33 "To Autumn"
 34 "To Autumn"
 35 "To Autumn"
 36 "To Autumn"
 37 "To Autumn"
 38 "To Autumn"
 39 "To Autumn"
 40 "To Autumn"
 41 "To Autumn"
 42 "To Autumn"
 43 "To Autumn"
 44 "To Autumn"
 45 "To Autumn"

- 12 Sewal sex protection
 13 (Shuffle) place
 14 Casual language
 15 (Shuffle) place
 16 No money
 17 (Shuffle) place
 18 (Shuffle) place
 19 (Shuffle) place
 20 (Shuffle) place
 21 (Shuffle) place
 22 (Shuffle) place
 23 (Shuffle) place
 24 (Shuffle) place
 25 (Shuffle) place
 26 (Shuffle) place
 27 (Shuffle) place
 28 (Shuffle) place
 29 (Shuffle) place
 30 (Shuffle) place
 31 (Shuffle) place
 32 (Shuffle) place
 33 (Shuffle) place
 34 (Shuffle) place
 35 (Shuffle) place
 36 (Shuffle) place
 37 (Shuffle) place
 38 (Shuffle) place
 39 (Shuffle) place
 40 (Shuffle) place
 41 (Shuffle) place
 42 (Shuffle) place
 43 (Shuffle) place
 44 (Shuffle) place
 45 (Shuffle) place

- 46 Predicament
 47 What a G-Across is a
 48 (Shuffle) place
 49 (Shuffle) place
 50 (Shuffle) place
 51 (Shuffle) place
 52 (Shuffle) place
 53 (Shuffle) place
 54 (Shuffle) place
 55 (Shuffle) place
 56 (Shuffle) place
 57 (Shuffle) place
 58 (Shuffle) place
 59 (Shuffle) place
 60 (Shuffle) place
 61 (Shuffle) place
 62 (Shuffle) place
 63 (Shuffle) place
 64 (Shuffle) place
 65 (Shuffle) place
 66 (Shuffle) place
 67 (Shuffle) place
 68 (Shuffle) place
 69 (Shuffle) place
 70 (Shuffle) place
 71 (Shuffle) place
 72 (Shuffle) place
 73 (Shuffle) place
 74 (Shuffle) place
 75 (Shuffle) place
 76 (Shuffle) place
 77 (Shuffle) place
 78 (Shuffle) place
 79 (Shuffle) place
 80 (Shuffle) place
 81 (Shuffle) place
 82 (Shuffle) place
 83 (Shuffle) place
 84 (Shuffle) place
 85 (Shuffle) place
 86 (Shuffle) place
 87 (Shuffle) place
 88 (Shuffle) place
 89 (Shuffle) place
 90 (Shuffle) place
 91 (Shuffle) place
 92 (Shuffle) place
 93 (Shuffle) place
 94 (Shuffle) place
 95 (Shuffle) place
 96 (Shuffle) place
 97 (Shuffle) place
 98 (Shuffle) place
 99 (Shuffle) place
 100 (Shuffle) place

#JANIS
CLASSIC
SUDOKU

Level: Bold
 Fill in the blank cells
 using numbers 1 to 9.
 Each number can only
 appear once in each
 row, column and 3x3
 block (see logic and
 process of elimination
 to solve the puzzle).

The difficulty level
 ranges from simple
 (easiest) to Silver
 to Gold (hardest).



Solutions to the
 crossword puzzle and
 the Sudoku can be
 found on Page 10.

#ASK ELLIE

Brother needs reality check
over workplace crush

Following are letterbox questions from an on-
 line chat. Handling A. Crandall

Q My married brother (with whom I work
 in a family business) has been acting very
 friendly and even flirty with the new girl we
 hired.

She's just out of college and very nice at
 herself, even though she's new on the job.
 Maybe it's because of her great figure, and
 she's pretty too, she knows that men are
 attracted to her.

I've seen my brother standing way too close.
 He's been "looking her around." The area of
 friendship and coming back to be, etc.
 I don't think it's because an affair but I'm
 worried.

What can I say to him without accusing
 him of something and making him angry
 with me? He has a very good working rela-
 tionship.

Answer: Ask

It should be acceptable in a good work
 relationship, to say something like
 "scanning but real" — such as "You seem dis-
 tracted at work. What is making you so
 nervous? Anything we can talk about?"

If you're close, he might open up about
 being attracted to her. Or ask if he's generally
 noticed that his actions are visible and he
 should be thankful that it's doing it.

If the optics begin to look very worrisome,
 suggest that you two have an after-work meet-
 ing.

Once alone, describe objectively what you
 are in going on, tell him you care about him
 and his family and ask if he has a plan for
 handling the fallout of where this flirtation
 may go.

This crush may be progressed towards an af-
 fair, as much as you try to have a reality check
 conversation about what he needs for the fu-
 ture.

Try to bring him back to earth about the
 potential course of such actions — what may
 be put a fling to him and the young woman
 can potentially devastate his family.

Q My daughter keeps talking about her
 crush on her boyfriend at college. I hear sig-
 nals of everything I would've worried her
 about if I'd met him first.

Her boss about being an athlete (though he
 doesn't participate in any college sports). He
 makes classes he finds tedious, and leans
 on her fathering him to get through some
 classes.

He tells her what clothes, makeup, etc. to
 buy (he never buys her a gift, but frequently
 encourages her to spend any money since I
 support her).

She's crazy about him. If I gently criticize

Ask Ellie



him, I can push her closer. How do I fight a
 blind crush?

Worried Mama

At 10's a "Worried Mama" to know the danger
 in just trying to come between her and that
 guy that of course, she'll feel almost obliged to
 prove you wrong.

Her boyfriend sounds controlling. If he re-
 sists, you're not against him, he's manipulating
 her into thinking that you're the one trying to
 control her. It can become a dangerous battle
 of wills with her caught in the middle.

She's NOT blind, so gently help her open
 her eyes and see that guy more clearly.
 Invite him to your home, be generous, and
 let her see how he handles himself and re-
 sponds to your family members.

Talk to him without peddling, showing
 interest in his goals and his plans to move
 there. Do this when your daughter can also
 hear what he says.

Also, in private with your daughter, be pre-
 pared to listen to her reasons for caring the
 him, and do not overreact.

Once she doesn't have to defend him, she
 won't be "blind" to anything that mothers her
 about him.

Q I met and fell in instant love with a
 woman in my profession, but she went into
 both married.

I never forgot her. When I separated, I
 sought her out of professional events and we'd
 talk.

Finally, at a conference, I invited her for a
 drink. She confessed that she was cry-
 ingly married and had maintained a crush on
 me.

We've been married five years now, grateful
 for that mutual feeling that we had the poten-
 tial for something special as couple.

Naturally Dream

At 10's a "Naturally Dream" to know the danger
 in just trying to come between her and that
 guy that of course, she'll feel almost obliged to
 prove you wrong.

Most crushes start with attraction, but the
 rest is usually fantasy beyond what you actu-
 ally know about the person. You two did get
 to know each other. You dealt with your mar-
 riages until you each knew you had to move
 on.

MUSIC

FOLLOW BRIDGES ONLINE at thestarphenix.com/bridges

THE ROARING BOREALIS

Band brings bluegrass to La Ronge



La Ronge band Roaring Borealis performs at the National Acoustic Music Festival in La Ronge, Saskatchewan.

By Ashley Martin

The key to The Roaring Borealis is old-tunesy personnel: singer he found in a dump as an young graduate's sister.

An old suitcase: A washboard. A tin can. A corn/cell.
All that's left of Colin Jolly is a standard drum kit in the main — which he plays with brushes, not sticks — and the kick pedal, which now beats against a hardwood valve.

The wood-and-corrupted metal washboard at his chest is decorated with a coffee lid and a tin can for more drum sounds.

"The nice thing is you can get pretty creative: you can add what ever you want" in the washboard, said guitarist Kyle Paulkner. Jolly's bandmate in the La Ronge-based folk band.

"There's people who've added bicycle horns and hotel lobby bells and all kinds of things."
The instrument presented a learning curve for Jolly.

"With the washboard, there's not a whole lot of guidance out there for a new player. Mostly it was just Colin, getting creative," Paulkner said in a phone interview from Parry Sound, Ont., where he was wait-

ing out the northern Saskatchewan wilderness.

The Roaring Borealis got its start as Paulkner and Jolly, two Ontarian in pairs, started playing music together in La Ronge a few years ago.

They jammed for the old show playing typical rock covers at early, honky-tonk afterparties. Their band name then was a reflection of that — The Boozers.

They found their bluegrass niche about a year and a half ago after Pat Hendry joined in. Hendry, with his fiddle and mandolin, "had a vision of what he thought our

sound could be," said Paulkner. "We were up for something new, so it just kind of clicked out that way."

The band's "country-folkish grass kind of music" was founded out a few months later when the trio of school teachers added bassist and fiddle Jan and Tobiasa Berr, who each play fiddle and guitar.

The band looks as playing "hairs" music for happy people — busmaning on slower songs and picking up the pace with hard-clapping, foot-stomping numbers.

The bluegrass niche makes for a challenge: Is songwriting, said

Paulkner, "trying to match a style that's so much older — a lot past based on new creation."

But covering songs presents a different challenge: Putting a country spin on pop-rock songs like Boba O'Reilly (The Who) and So Lonely (The Police) doesn't always work out.

"A song that sounds really interesting in the original style can sound really uncomfortable" as a cover, said Paulkner.

The Roaring Borealis is part of a burgeoning northern music scene. Jolly specifically is a big contributor, said Paulkner.

MUSIC



Art Hickey of La Ronge band playing violin at the festival. Photo by DORIS HURDCASTLE

Jolly started a youth music program at Churchill High School, which is fostering the next generation of local musicians.

"It's a kind of developing a bigger music scene in La Ronge," said Paulsen.

Jolly has also hosted touring musicians in house concerts every couple of months, which three years ago led to the foundation of the Napa Valley music festival in the lower south of La Ronge.

"Other communities over also — you'd have to travel to go see some of these acts. It's pretty special," said Paulsen. "Talking to some of the musicians who are from Saskatchewan who haven't really made the way up north before, I think they're not really

sure what to expect. La Ronge is small but it's definitely a thriving community."

The Napa Valley Festival is part of the festival's origins, now it plays mostly charity and community fundraisers. The next gig is at the mid-August Northern Lights Festival near Big River.

In spite of demand, there are no plans to expand as an outdoor venue.

"We had a lot of fun playing last year, we're all happy with the amount that we're doing and I don't know if we're going to take the next step and start selling."

email: d@lauronge.com
Twitter: @d@lauronge

WINE WORLD

WINE WORLD

Spanish blend great with sunshine and lunch

By James Romanow

There are some wines that cry out for sitting on a patio somewhere. The sunshine, salads and fresh fruit have a tendency to segue gently into absinthe, drink, appetizers and dinner. Before you know it you are protesting for your deep thoughts and it is suggested you take more afternoon off.

OK, that last sentence may be a wine-induced fantasy, but there is no doubt about the fact that provides it. Some wines are built for sunshine, salads and sipping. Usually they come from sunny places where the winters are mild and the summers blistering. Who can argue with outdoor sunsets from such a climate?

I came across a strange Spanish blend or, possibly, a blend of two. It has no idea what the name is intended to evoke. It is labelled as a blend of Moscatel and Chardonnay. I suspect this means a blend of Moscatel of Alexandria with the Chardonnay. It is vaguely possible it is a Moscatel of Alexandria, but I'm betting on the Alexander blend from the place.

The bouquet is classic chardonnay but with a hint of marmalade to it, orange peel and maybe some honey (my reason for suspecting Moscatel of Alexandria). There is a lovely complex pattern of fruit with some great hints of acidity and a very rare slightly bitter finish. This is a great white wine for sipping or lunch. (I



drank it with half a chicken breast and the salad (pictured).

Whether this is your first glass of the evening or an accompaniment to barbecued steaks, it is an excellent wine to enjoy this summer.

goRU, El Bordo, 2014, \$15.99

Will it be a red? A white? A rose? Check us out on our website, more books, place. And of course in the Sunflower. Other stuff on our site: drboon.com.

Crossword/Sudoku answers

N	I	S	S	C	A	P	O	A	S	S	A	M
I	N	C	A	R	O	A	D	N	I	T	R	O
T	H	E	P	I	E	R	R	E	T	R	A	M
I	N	S	T	A	R	E	F	E	E	B	L	E
T	B	A	O	M	A	R	R	A	D	L	E	
V	I	R	G	S	D	A	T	E	S			
S	T	I	R	G	A	R	N	E	T			
S	O	U	T	H	E	R	N	C	R	O	S	S
S	T	O	R	O	N	T	I	C	O	N	A	
C	H	I	N	E	S	E	F	L	A	G	E	
R	E	V	O	D	S	R	O	D	D	E	R	S
A	M	I	S	H	I	V	E	S	T	A	R	S
P	O	D	I	A	O	C	E	R	T	I	E	R
K	N	E	R	T	A	D	D	S	A	L	P	S

6	3	9	8	4	7	5	2	1				
1	7	2	6	5	3	9	8	4				
4	8	5	2	1	9	6	7	3				
9	6	8	5	3	4	7	1	2				
2	1	4	9	7	6	3	5	8				
3	5	7	1	8	2	4	6	9				
8	4	6	7	9	1	2	3	5				
7	9	1	3	2	5	8	4	6				
5	2	3	4	6	8	1	9	7				

**VISITING SERIES****AUGUST RACE SCHEDULE**

FRI	JULY 31	7PM		
SAT	AUG 1	1PM & 7PM	MONSTERS AND MAYHEM	Independent Grocers Monster Trucks and Motorcross
SAT	AUG 8	6PM	SPECIAL RACE	Sky Financial SLM Series - Unique Collision Centre 150/ Sask Legends/ Street Bandoleros/ Street
WED	AUG 12	7PM	Family Pizza Night	Pro Truck Showcase - Mini Sportsman
FRI	AUG 21	7PM	Rock 102 Show & Shine Kickoff	SLM/ Pro Truck/ Street
SAT	AUG 29	6PM	SPECIAL RACE	Sky Financial SLM Series - Saskatchewan Foster Families 150/ Bandoleros Mini/ Sask Legends

Maack
YOUR OFFICIAL
 EXHIBIT TICKET OUTLET & SPONSOR OF THE
LEGENDS RACING SERIES
 VISITING SERIES IN 2015

**GATE
TICKET
PRICING**

Adult 19-59	\$15
Senior 60+	\$13
Youth 13-18	\$13
Child 12 and under	FREE
Family (2 adults & 2 youth/senior)	\$40

Regular Race	\$15
	\$13
	\$13
	FREE
	\$40

Monsters & Mayhem \$25
 Advance tickets \$20 at
 Independent Grocers

www.autoclearingmotorspeedway.ca